

MEMOIR

ON THE

MEDICAL ARRANGEMENTS

NECESSARY TO BE OBSERVED

IN CAMPS;

The MEANS of rendering the CLOTHING of SOLDIERS
PROOF against MOISTURE ;

Of promoting CLEANLINESS and REGULARITY ;

And of preventing the INTRODUCTION or SPREADING
of INFECTIOUS DISEASES.

Respectfully submitted to the Consideration of

HIS ROYAL HIGHNESS

THE DUKE OF YORK.

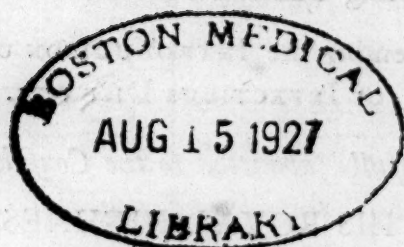
By ROBERT SOMERVILLE,

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FENCIBLES, commanded by Sir JOHN SINCLAIR, Bart.

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H I N T S

RESPECTING THE

STATE OF THE CAMP

At ABERDEEN, in 1795.

With some Observations on Encampments
in general;

And an Appendix, on the ancient Dress of the
SCOTTISH HIGHLANDERS.

BY SIR JOHN SINCLAIR, BART.

COLONEL of the ROTHSAY and CAITHNESS FENCIBLES.

HAVING been sent by his Excellency Lord Adam Gordon, Commander in Chief of His Majesty's forces in Scotland, to take the charge of the camp at Aberdeen, during the absence of Lieutenant General Sir Hector Munro, I was thence led, to pay more particular attention to the situation of that encampment, than otherwise I probably should have done, and to draw up some hints respecting camps in general, as connected with the military establishment of the kingdom.----My thoughts

thereon were hastily thrown together, for the purpose of being submitted in MS. to the consideration of those who have the British army under their immediate direction; but I have since been led to print them, partly that they might be more easily perused by those for whose use they were originally intended, but principally, that I might have an opportunity of publicly recommending the annexed very ingenious, and valuable MEMOIR, written by Mr. SOMERVILLE, the Surgeon of my first battalion, on that important subject, “ The “ Medical Arrangements necessary to be “ observed in Camps.”

On examining the camp at Aberdeen, I found the place pitched upon by the very intelligent officer who had the conduct of that department, (Lieut. Colonel Dirom, Deputy Quarter master General for Scotland) was a situation near the coast, which might protect the town and neighbourhood from insult, and at the same time might be healthy and convenient for the troops.

It

It is certain, that no situation can be found, possessed of every advantage, more especially where cultivated fields must be avoided ; it is necessary therefore to chuse that which is liable to the fewest objections. I had the pleasure of finding the camp in question, placed at a proper distance from the town of Aberdeen, (nearly a mile) on a sandy soil, and with an abundant supply of water *.

Among the various particulars, to which the attention of a commanding officer is naturally directed, the diet and health of the men, their clothing, and their tents, are of peculiar importance.

Attention to the diet and health of the soldiers is one of the first duties incumbent on an officer. To enforce cleanliness, and to make them mess regularly, are points extremely material, on which however it is

* The only material objection to the situation seemed to be, two pools of water in the camp, the effluvia of which I was apprehensive might prove detrimental to the health of the men ; but I understand that no material inconvenience was felt from that circumstance during the continuance of the encampment.

unnecessary for me to dwell, as the subject is so ably handled by Mr. Somerville, in the following paper. In Highland regiments, it is essential to make the men live better than they are commonly inclined to do. I found that some of the foldiers in my first battalion had actually reduced their strength and almost starved themselves, in order to send money home to their friends; one man in particular, not for his parents, nor for his family, which was very common, but for his sister.

Smoaking tobacco ought to be encouraged, particularly in cold, raw, and damp weather: it has a tendency to prevent infectious diseases; it kills the vermin with which camps are apt to be infested, and it is almost the only way in which warmth can be admitted into a tent. The Dutch pipe however ought to be used, which prevents any risk of fire.

Attention to the dress of a foldier, is extremely material; by which I mean not so much that the dress should be smart and showy, as that it should be warm and convenient.

venient. In that view the usual Highland dress is liable to some objections. I thought it necessary, therefore, in my two battalions of Fencibles, instead of the Philibeg and the belted Plaid, to adopt the *Trews*, which had been formerly worn by the Scottish Highlanders*, and seemed to me particularly convenient for a soldier. Perhaps there is at present too great a diversity of dress in British military establishments, every colonel following his own fancy, particularly in new corps: it might not be amiss therefore, to appoint a board of general officers to consider the subject, and to form some regular plan, not only as to the clothing itself, but also in regard to the manner of its being paid, as it would be infinitely better to have it voted separately, as the Militia is, than mingled with the other accounts. It would be of the utmost consequence also, if the regimental shoes, instead of being supplied by the colonel, were purchased by the men themselves, un-

* See that point more fully treated of in the appendix.

der the inspection of their officers : in the one case a contractor makes them as small as possible, and of very bad materials, so that they neither fit well, nor can they last : and there is nothing more injurious to a soldier on a march, than to have his feet cramped by tight shoes. The stockings should be strong and warm ; and if possible, the men should all be made to wear flannel shirts, particularly in the colder seasons.

The *Bell Tent*, as it is called, seems to be an excellent shape, but there is one improvement in it which it may be worth while attending to. Twelve or fifteen people sleeping in so small a compass must certainly taint and corrupt the air they breathe. To obviate so material an objection, a very experienced officer suggested the idea, of having the top part made like an umbrella, in which there might be holes that would let in fresh air, without being liable to admit water. That however would require some additional expence, and would be apt to go wrong.---Upon thinking of that subject,

subject, however, I am satisfied, that by making holes in the pole of a tent which at the top might be made larger for that purpose, that the same object might be obtained with much greater ease. The pole might be strengthened by iron plates where the holes were made, which would make it as strong as ever. This perhaps is the principal thing wanted, to bring the form of this tent to perfection. It may be observed that very small orifices will be sufficient for the purpose.

In the camp at Aberdeen, I found the soldiers had their beds made of heath, which, when properly constructed, answers well, but is apt to get harsh, and to be destructive to their clothes.

As the construction of tents is a point of great importance to the health of the soldier, it might not be improper, to have various sorts tried under the direction of His Royal Highness the DUKE of YORK, to ascertain the best plan, to be invariably adhered to, when we shall again have occasion for articles of that nature.

As a greater peace establishment must, in all probability, be kept up in these unsettled times, than ever was known before, it will naturally be the wish of the Government of this country, to take the subject fully into consideration, and to procure information from all quarters, respecting the best mode of making that establishment really useful. With that view, the following Hints are, with great deference, suggested:

Camps are undoubtedly the best schools for learning a foldier his duty. Example, emulation, and the more rigid discipline kept up there than in common quarters, are all in favour of encampments. It is therefore to be hoped, were peace to be declared to-morrow, and were it even more likely to be permanent than can at present be looked for, that neither encampments, nor occasionally the assembling of considerable bodies of men together, would be given up.

If such a plan were to be adopted, it is submitted, whether some proper places ought not

not to be fixed upon in different parts of the kingdom, *and entrenched camps* formed at each. An entrenched and regular camp is in every respect superior to an open one. The men are more under command, they can be more easily prevented from wandering about and plundering the neighbourhood, the ditches will drain the camp, whilst the earthen mound around it not only prevents the tents from being blown down, but also shelters the troops even in the most boisterous weather. Entrenched camps, in the neighbourhood of London, might, perhaps, be so situated as to contribute to the defence of the metropolis, without the possibility of their being made of any service to the enemy.*

If the properest places were fixed upon for such camps, Government might save considerably, by having huts or timber tents erected. It is calculated, that a timber tent

* Entrenched camps might be formed, which it would be difficult for an enemy to take, and which might be of little use to them, if they got them into their possession.

for an officer might be made for only 10l. or 15l. which in canvass costs Government 18l. besides, the former would last for many years, and are greatly superior in point of comfort. And here it is to be observed, that unless it is really necessary, the subjecting troops to hardships, ought as much as possible to be avoided, as it must ultimately be attended with great loss to the public, without the possibility of advantage. Every thing that can contribute to their accommodation cannot be too carefully attended to; for the life of a well trained soldier, particularly in these times, is a loss not so easily repaired as people may imagine. The rearing of each individual is supposed to cost the community from 60l. to 100l. and the additional expence for training a man to be a soldier, must be considerable. Besides when a war is prolonged, it becomes extremely difficult to get them at all.

On this head, it is remarked by the intelligent officer above alluded to, (Lieutenant Colonel Dirom) “ that the discipline of
“ the

“ the army, even in time of peace, would
 “ certainly be greatly promoted by encamp-
 “ ments, and the larger the body collected
 “ in one place, the greater will be the ad-
 “ vantage. Troops encamped for the pur-
 “ poses of discipline, might change their
 “ ground, marching in columns by different
 “ routes. In this manner they would be ac-
 “ customed to the movements which take
 “ place on service, and be in the habit of
 “ moving their baggage, and of striking and
 “ pitching their tents. It would, however,
 “ be much in favour of the health of the
 “ troops, to change their ground frequently
 “ in the course of the Summer, as fixed
 “ camps get dirty and noxious; and can
 “ only be made clean by quitting the
 “ ground for two or three weeks.

“ Entrenched camps would no doubt
 “ be attended with some advantages, as
 “ pointed out above. It is not so clear, (in
 “ Colonel Dirom's opinion) that it would,
 “ on the whole, be a proper idea to be
 “ adopted, as the defence of the country
 “ must

“ must depend upon the enemy’s plan of
 “ attack, and the troops must be confined
 “ in particular stations. Entrenched camps
 “ with huts or sheds for the men would be
 “ like fortified cantonments, which altho’
 “ comfortable quarters for troops, must be
 “ quitted in case of an invasion, and would
 “ prove strong holds in the hands of an
 “ enemy.”

The plan, however, which I have taken the liberty of recommending, does not go so far as Colonel Dirom imagines, as entrenched camps might be formed, like those described by a great historian* ; in which the Roman legions were stationed to protect the Empire from the surrounding barbarians, and to the excellence of that system the long preservation of that edifice, may, in a great measure, be ascribed.

One advantage of permitting entrenched camps would be, that the cavalry might be put under some kind of shelter, by which there would arise a very considerable

* Gibbon, vol. i. p. 25, &c. Edit. 1791.

saving to government. At present, the horses in camp are kept in the open air, exposed to all the variety of the seasons. Their food is also liable to be drenched with rain, and must often be given them in that state. The consequence is, a train of diseases, which cuts off a large proportion of them, in the course of the autumn, or ensuing winter.

Another advantage attending encampments, is, that the troops would thus be more accustomed to artillery than they otherwise would be, and that many of them might be taught the management of guns. Where either men or horses are brought into action, who never heard a cannon before, they are not so likely to encounter an enemy with spirit. Artillery also, is becoming every day of greater importance in war, consequently the greater number of men that can be trained to the management of guns, the better.*

On

* On this subject it may be worth consideration, whether the establishment of first gunners was
not

On the subject of artillery Col. Dirom remarks, that “ it is a great advantage to
 “ troops to be accustomed to it, and it is
 “ proper that part of the men should be
 “ taught the gun exercise. It may be
 “ questioned however, if artillery be of so
 “ much importance in war, as is generally
 “ imagined.---It is always a great burden
 “ on an army, and mars many movements
 “ that would otherwise be decisive of suc-
 “ cess. It makes much noise, but is often
 “ of little use. It gives the appearance of a
 “ hot engagement without much blood-
 “ shed. Marshal Saxe, or some other noted
 “ General, says “ that you cannot have too
 “ much artillery at a siege nor too little in
 “ the field.”

These are judicious observations, and could only come from an able and experi-

not a useful regulation. The effect of names and honorary distinctions, whether upon high or low, is well known. Any thing that can excite emulation, and a desire of excelling, ought to be kept up, and it is said, that the establishment above alluded to in the artillery, had a very useful effect.

enced

enced officer. I should think however that for defence, the greater number of guns we had, and of men trained to use them, the more likely we should be to resist any invasion however formidable; an event for which we ought always to be prepared, as it is impossible to say, what the folly, confidence, or despair of an inveterate enemy may lead them to attempt.

As the leading object of our Troops of the Line and the sole purpose for which corps of Fencibles and of Militia have been established, is that of defending the Country, the manœuvres practised at any encampment in these kingdoms ought principally to be for defence. It is questionable therefore, whether the slow and solemn marching of German Troops, ought to be so much in use, as the lively and active motions of the British Light Infantry, which was carried to such perfection during the late American War. Above all, the best mode of defending an inclosed country, such as the greater part of England is, ought in a special manner to be kept in view. For this
island

island ought to trust, not only to its formidable power at Sea but to its strength by Land ; and with little attention to its military establishments, it might be enabled to say, that if all the powers of Europe were to invade it, there is a force at home able to repel the attack.

On these observations Col. Dirom remarks, that the German discipline, which
 “ may be considered as the Rudiments of
 “ War, has for its main principle, to do
 “ nothing quicker than it can be done well,
 “ and that a Battalion ought to perform its
 “ Evolutions in the same regular manner,
 “ in which they would be executed by an
 “ army.---When troops have been taught
 “ to move with regularity and precision,
 “ it is no ways difficult to throw them loose,
 “ and make them act in whatever manner
 “ may be best suited to particular circumstances.---The arrangements (he adds)
 “ both by sea and land, ought doubtless to
 “ be such, as to afford little hopes to an
 “ enemy to succeed in an invasion of our
 “ Island; and it is surely far better to pre-
 “ vent

“vent than even to repel an attack.”-----
 The best mode of prevention, however, in my opinion is, not only to have a superior fleet, but a formidable military force, always prepared, to resist the enemy on shore. When every thing that is dear and valuable to a country is at stake, no means of preservation or safety ought to be neglected, and it seems to me probable, that a greater number of men may be trained, with a view to defence merely, than if we also directed our attention to offensive operations.

These hints, with Col. Dirom's judicious observations incorporated with them, are submitted with great deference to the consideration of those more conversant in military matters, from the full conviction, that knowledge of the art of war, like skill in agriculture, can only be brought to perfection, *by uniting the information and experience of great numbers of people*, even of those, who not being trained to war, are likely to view the subject without any military prejudices; and that advantage may

b

be

be derived, even from correcting the mistakes into which they may be led, by their zeal for pointing out improvements, and their anxiety to contribute their mite to the defence and safety of their country.

I cannot conclude these cursory observations, without stating it as an opinion, with the justness of which I am deeply impressed, that a thorough knowledge of the art of war, is far from being so easily acquired, as is commonly imagined. Accustomed to business, and to spare no pains in endeavouring to acquire information respecting any subject to which I might be led to direct my attention, I expected that a very short period would be sufficient, to learn all that was necessary for an officer. I found however, that any idea of that sort was extremely ill founded. That a man can no more become a real soldier in a few weeks or months, than thoroughly master, in so short a space, of any other trade. Young men therefore, ought to be regularly trained to war, from an early period of their life, as to any other art. Hence Military academies seem to me

as

as necessary, as universities for law, or medicine, and that we shall never be able to have a sufficient number of skilful officers, or at least to stand in competition in that respect, with the warlike nations on the continent, unless such seminaries as that of Woolwich, are established in different parts of the kingdom, where all the young men destined to defend their country, may have the foundations laid of knowledge in the art of war, previous to their entering into the service.

APPENDIX

ON THE

HIGHLAND DRESS.

IT is not my intention, to dispute, either the genuineness, nor the warlike appearance, of the garb worn by that gallant Corps, the 42d Regiment, and which by many is supposed to be the only true Highland dress. Every foldier must naturally entertain a predilection for the dress of a body of men, so distinguished for military prowess. At the same time, there is every reason to believe, that *the trews*, as worn by the Rothsay and Caithness Fencibles, is not only an ancient part of the dress of the Scottish Highlanders, but rivals the belted plaid in antiquity, as well as in utility and elegance.

In tracing the antiquity of this dress, it is necessary in the first place to ascertain, whether it was worn by the ancient Celtic nations,

tions, from whom the Scottish Highlanders are acknowledged to be descended. As my leisure at present, does not admit of engaging in such researches, I shall take the liberty of quoting modern, rather than ancient authors, but at the same time such as have investigated that subject. The opinion of the celebrated Gibbon* and the authorities he quotes, are on this head extremely important. He states that Tetricus, who had been declared Emperor in Gaul, when led in triumph by Aurelian, was clothed in *Gallic trowsers*, and he remarks in a note, that the use of *bracchæ*, breeches or trowsers, was still considered in Italy, as a Gallic and barbarian fashion. The Romans however had made great advances towards it. To encircle the legs and thighs with *Fasciæ*, or bands, was understood in the time of Pompey and Horace to be a proof of ill health and effeminacy. In the age of Trajan the custom was confined to the rich and luxurious. It gradually was adopted by the mean-

* Gibbon's History, vol. 2. p. 47, octavo edition 1792.

est of the people, in proof of which he refers to a curious note in Casaubon ad Sueton. in August. C. 82.

In fact the *trews* or trowfers seem to have been a characteristical part of the ancient dress of the Gauls or Celts, and the bare knees to have been a Roman, rather than a Celtic fashion.

Dr. Henry, who has delineated the ancient history of this country with so much diligence and discernment, is decidedly of opinion, that trowfers were a part of the ancient dress, not only of the Celtic nations in general, but of the Scottish Highlanders in particular. “ For a considerable time,” says this respectable historian,* “ the Antient Britons, and other Celtic nations, had no other garments but their plaids or mantles, which being neither very long nor very broad, left their legs, arms, and some other parts of their bodies, naked. As this defect in their dress could not but be sensibly felt, it was by degrees sup-

* History of Great Britain, vol. 2. p. 341.

“ plied.

“ plied. It is indeed uncertain, whether
 “ the tunick or doublet, for covering more
 “ closely the trunk of the body, or breeches
 “ and hose for covering the thighs and
 “ legs, were first invented and used by
 “ these nations; though the limbs being
 “ quite naked, while the trunk was tole-
 “ rably covered by the plaid, it is probable
 “ that these last were most ancient, as they
 “ were most necessary. But however this
 “ may be, it is abundantly evident, from
 “ the testimonies of many ancient authors,
 “ (which have been carefully collected by
 “ the two modern writers quoted below. *)
 “ that the ancient Gauls, Britons, and other
 “ Celtic nations, wore a garment which
 “ covered both their thighs and legs, and
 “ very much resembled our breeches and
 “ stockings united. This garment was
 “ called, in the Celtic tongue, the common
 “ language of all these nations, braxe, or
 “ brace, probably because it was made of

* Pelloutier Hist. Celt. l. 2. c. 6. b. 1. p. 307. &c.
 Cluv. Germ. Antiq. l. 1 c. 16. p. 115. &c.

“ the same party-coloured cloth with their
 “ plaids, as *breac*, in that language signifies
 “ any thing that is party-coloured. These
 “ braxe or close trowsers, which were both
 “ graceful and convenient, and discovered
 “ the fine shape and turn of their limbs to
 “ great advantage, were used by the genu-
 “ ine posterity of the Caledonian Britons
 “ in the Highlands of Scotland till very
 “ lately, and are hardly yet laid aside in
 “ some remote corners of that country.”

The evidence of ancient songs may also
 be adduced in support of the trews, more
 especially the well known verses in “ Tak’
 “ your auld Cloak about ye,” from which
 it would appear, that in the reign of one of
 the Roberts, probably Robert Bruce, it was
 a usual part of the dress of the Scots :

“ In days when our King Robert rang,
 “ His *trews* they cost but ha’f a crown,
 “ He said they were a groat ou’r dear,
 “ And ca’d the Taylor thief and loun.”

There

There is a book printed at Paris, anno 1613, intitl'd "Les Estats, Empires, et Principautez du Monde," which thus describes the dress of the ancient Scots. "Leur bas de chause ne passoient pas le genoüil, et le haut (de chause) estoit de lin, ou de chanure." In English, "Their stockings, (or more properly speaking their hose) never passed the knee, and their trowsers were of flax or hemp." And the engravings of the Scottish dress, in the *Recueil de la diversité des habits qui sont de present en usage, &c.* published at Paris in 12mo. anno 1562, (mentioned in the last edition of Pinkerton's Scottish Poems, in three volumes octavo, printed anno 1792) prove, that the French, who knew Scotland so intimately, always considered trowsers a part of the Scottish dress. In those engravings, the Lowlander is clothed in loose, and the Highlander in close *trews*.

There is an engraving of James I. of Scotland, in the possession of George Chalmers

mers Esq. of the Board of Trade, in which that monarch is dressed in the close *trews*; and as the picture from whence that engraving was taken, must have been executed in Scotland, there being a view of Dumbarton Castle in it, there is thence every reason to imagine, that it was the dress of that sovereign during his residence in his own kingdom.

In a work, though written many years ago, yet only lately printed, entitled, “The History of the Troubles and Memorable Transactions in Scotland, from the year 1624 to 1645, from the original MS. of John Spalding, then Commissary Clerk of Aberdeen *,” it would appear that the *trews* were very commonly worn at that period.

In the first volume of that work, (p. 39) we are told, that the Laird Balnadalloch, escaping from a twenty days imprisonment,

* In two volumes octavo, printed at Aberdeen, for J. Evans, Paternoster-row, Angus and Son, Aberdeen, and William Creech, Edinburgh, An. 1792.

goes with his coat and *trews*, all rent and worn to the place of Innes, and it would appear (from p. 37) that it was the usual garb he wore, for he had been sitting at supper in it in his own house.

In the second volume (p. 196) the Marquis of Huntley, the most powerful Chieftain in the North, is described as crossing the Spey dressed in a coat and *trews*, with a black bonnet on his head.

In the same volume (p. 232) we are told that the celebrated Marquis of Montrose, coming from England, to commence that successful career which has rendered his name so famous, came secretly to Scotland clad in coat and *trews*.

Traditional evidence is certainly in favour of the point I wish to establish.

A very intelligent officer of the Breadalbane fencibles, Capt. Robinson, informs me, that in Athol the *trews* did not fall into disuse till about the beginning of the present or end of the last century, and that it was not totally discontinued till within the last thirty years.

years. He remembers being told by a very old gentleman of that country, that he recollects the Marquis of Athol mustering all his numerous vassals and tenants at Dunkeld, a great part of whom, and the Marquis himself, were dressed in *trews*. He also remembers being told by an old gentleman present upon the occasion, that when the first Duke of Athol held a court at Loggie-rait, before the abolition of the heritable jurisdictions, the Duke was dressed in a blue bonnet, a short coat, and *trews* of plaiding, the name given to a sort of woollen stuff of the natural colour of the wool.

Captain Robinson, who has paid particular attention to such enquiries, is of opinion, that the *trews* was undoubtedly the ancient dress of people of condition, or of any respectability, both in the Highlands and Lowlands of Scotland, it was more especially worn by persons on horseback, often without boots; it was commonly made of a kind of chequered stuff called Tartan, though sometimes of stuff of one colour only.

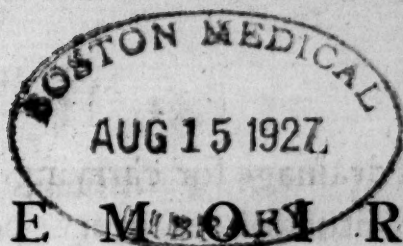
only. It completely supplied the place of breeches and stockings, covering the feet, the legs, and the thighs. As a winter dress, particularly in time of snow, it was reckoned infinitely preferable to the kilt. When the trews were worn upon a journey, the plaid was carried over the left shoulder, and drawn under the right arm.

In addition to the circumstances above-mentioned, it may be proper to add, that when the wearing of the Highland dress was prohibited by Act 19 George II. c. 39. after the Rebellion in 1745, that the *trews* were included among the other articles enumerated upon that occasion as a part peculiarly belonging to the Highland garb, and consequently is mentioned in the Act 22 George III. c. 63. by which that prohibition was repealed.

These are hints which I thought it right to take this opportunity of throwing together, and preserving, in case the point to which they relate, though a matter of curiosity rather than of real use, should ever become the subject of future discussion.

N. B.

N. B. Some additional information upon this subject, will, I understand, be laid before the public, by Mr. Pinkerton, in one of the Numbers of his Portraits of the illustrious Persons of Scotland.



M E M O R I R
ON THE
MEDICAL ARRANGEMENTS
NECESSARY TO BE OBSERVED
IN C A M P S, &c.

I. *Camp Grounds.*

IN all cases where camps are to be formed, the nature of the ground ought to be a primary consideration with every person concerned in the command, as upon the choice that is made of it, depend not only the immediate comfort of both *officers* and *men*, but ultimately the preservation of their health and lives.

In every instance where a camp is situated, either upon a dead plain, with a bottom capable of retaining moisture, and without any
B effectual

effectual drainage for carrying that moisture off, the situation of every person in the camp will be rendered uncomfortable in the first instance, and extremely dangerous in the end. The same thing will happen, if the camp be in the immediate vicinity of *woods, marshes, or pools* of stagnant water; especially if *dark, rainy or foggy* weather prevail for any length of time.

In such cases the troops are obnoxious to *fluxes, fevers, agues*, and the whole train of complaints which arise from marsh effluvia, or a damp situation.

Several instances directly in point, might be mentioned to prove the bad effects resulting from camps being so situated; but as the purpose of the present Memoir is, not to find fault with the past, but to lay down regulations for future management, we decline entering upon the subject.

We are ready to acknowledge, however, that there are many situations, where the nature of the service, and the necessity of the case, are such, as to leave very little in the power of a general, with regard to the
choice

choice of his camp ground. In war time for instance, where troops are opposed to an enemy, the ground best calculated for the safety of an *army*, in a military point of view, is often the worst possible for the health of the troops. In such cases necessity is the law, and no judgment nor foresight will be able to digest or lay down rules that can be successfully applied.

But where home encampments are judged necessary, similar to what we have this year had in Britain, and where there is a choice of ground, it then becomes a matter both of *policy* and *humanity* to select the best.

II. *Proper Situation for a Camp.*

THE situation seemingly best calculated for a camp, is that which unites the advantages of a dry bottom with a gentle declivity and a pure wholesome air, at a distance from *thick woods, marshes or stagnant pools*; and at the same time, commanding a sufficient supply of good water, both for washing linen and for culinary purposes.

Where these advantages are united, the camp will not only be comfortable and healthy during good weather, and the people prevented from imbibing the seeds of disease by breathing the putrid unwholesome effluvia arising from lakes, or marshes; but during rainy weather, by having a dry bottom and a ready drainage, they will also be protected from the injury arising from sleeping or walking long upon wet ground.

III. *Means*

III. *Means of securing Tents against Moisture.*

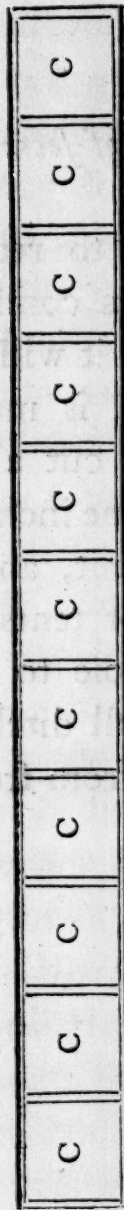
IN order to render the situation of the troops as comfortable as circumstances will admit, it will be necessary, as soon as the ground is marked out and the tents pitched, to cut a narrow trench or ditch, of about nine inches in depth, and the same width in front, and another in the rear of each row of tents. These ditches should come as close to the tent as possible, and another small ditch should be cut between each tent, from front to rear.

The following rude sketch will serve to convey some idea of our meaning.



A.

B.



A.

A. A. Represents the ground plan of two rows of tents.

B. A street between them.

C. C. C. &c. The site of each tent.

The double lines which surround them represent the ditches in front and rear, as well as the cross ditches formerly mentioned. By this contrivance, which is extremely simple, the rain that falls during wet weather, runs immediately from the canvass into the ditches, which readily receive and carry it off; by which means it is prevented from stagnating and rendering the bottom of the tent wet or uncomfortable.

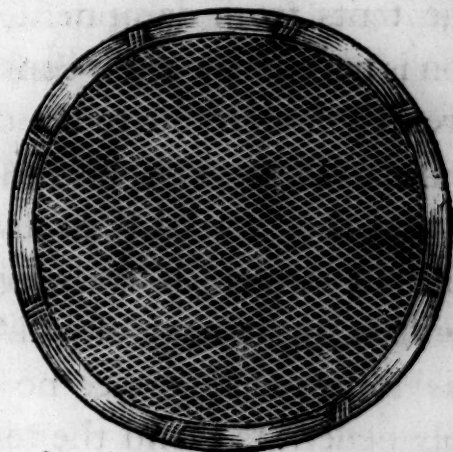
But in order to remove the men still farther from injury, the turf which forms the bottom of each tent, should be carefully pared off in large, thick pieces, and the earth taken out of the ditch, which surrounds it thrown into the bottom and levelled. The turf should then be replaced and well beat down with a spade: where this is properly done, the inside of the tent will be raised six or eight inches above the common surface, and in that way rendered pretty secure against the effects of moisture.

The trouble of these operations will be very trifling, as the men belonging to each tent will be able to cast the trenches both in front and rear of it, and do every thing we have mentioned in the space of a few hours.

When the work is finished in the manner we have pointed out, the bottom of the tent should be covered pretty thick, either with *straw*, *heath*, *bent*, or *brown moss*; or, where circumstances will admit of it, with a *straw mattrass*. A number of bundles of straw ought also to be laid round the tent, to serve the men for pillows, a circumstance, which would contribute greatly to their comfort.

Where loose straw is used for the men to sleep upon, it is so liable to be dirtied and destroyed, that it cannot possibly be kept in a comfortable state for more than a few days; on that account we are inclined to give the preference to straw mattresses: these the foldiers can easily make themselves, and though they will not make quite
so

so soft a bed as loose straw, yet they will last longer, and answer the purposes of cleanliness much better.



The above rude figure represents the ground plan of a tent covered with a straw mattrafs, and furrounded with small bundles of straw, heath, or bent, by way of pillows. To those who have been much about camps, the benefit of fitting up tents in this manner, will appear extremely obvious. The trenches will not only receive and carry off the moisture, but the earth taken out of them, will, by raising the bottom of the tent so much above the common surface, place the men entirely beyond the reach of dampness ; and the straw mattrafs and pillows

lows will give the whole an appearance of comfort and cleanliness.

For the purpose of defending the upper part of the tents from dampness, no great preparation is necessary ; their conical shape being extremely favourable to the descent of the moisture. There can be little doubt, however, that they would both defend rain better, and last longer, if the canvases were covered with a slight coat of white paint ; where this is properly done, no moisture can possibly penetrate ; and the tent will at the same time be rendered much warmer.

IV. *Regulations for keeping the Tents Clean.*

I. **I**F the bottom of the tent be covered with *straw, heath, &c.* it should be turned and exposed to the air at least once a day.

II. Every good day, as many of the pins of each tent should be drawn up, as will admit a free circulation of air through it, for perhaps three or four hours; during which, the *straw, heath, &c.* in the bottom of the tent, should be gathered together in a heap in the middle, and remain exposed to the current of air, till the tent be again let down; this will sweeten, and render it very comfortable to the men.

III. Every dry day, the blankets belonging to each tent should be taken out, and carried to the adjoining grounds, and there spread, either upon the bushes or grass, where they should be allowed to remain for several hours; in the course of which every disagreeable

greeable effluvium will be blown away, and they will acquire a sweet, agreeable, healthful smell.

IV. When the blankets are taken from the whins, they should be folded up, and kept in that state till the men go to sleep.

V. *Regulations for promoting Personal Cleanliness.*

THERE is, perhaps, no circumstance, upon which the comfort of soldiers, whether in camps, or elsewhere, more immediately depends, than that of personal cleanliness; a rigid attention to which not only prevents vermin, but many of the most distressing infectious disorders.

The following regulations, will, we hope, be found useful for promoting this desirable purpose.

I. Every private ought to be obliged to comb his hair once a day, with two combs, a wide, and a strait toothed one.

II. Every private should be obliged to wash two *day shirts*, one *night shirt*, two pair of stockings, and one pair of drawers weekly, and to shew these to a non-commissioned officer.

III. If

III. If the camp be in the neighbourhood either of the sea or a river, the men should bathe at least twice or thrice a week. To render this regulation the more effectual, they should bathe in companies, and the non-commissioned officers should attend, and see that this is properly and regularly done.

IV. The privates of every company should be carefully inspected once a week, by their non-commissioned officer, touching their cleanliness; and such as are troubled with the itch, the venereal disease, or with vermin, separated from the rest, and kept in tents by themselves till they are clean.

V. While they remain confined in those tents, a guard should be placed over them, in order to prevent them from going abroad or mixing with the rest of the men.

VI. Those who have the itch, or are troubled with vermin, should be obliged mutually to assist in cleaning each other.

A strict attention to these points would considerably lessen, if not entirely prevent,
much

much of the inconvenience and distress that are so frequently experienced amongst soldiers ; especially what arises from vermin or cutaneous disorders ; for if one man, who is troubled with either of these, is put into a tent amongst fifteen others who are clean, he will in a very few days contaminate the whole, a circumstance which we have very frequently seen happen.

VI. *Regulations respecting Messes and Dressing of Food.*

AS soon as a regiment has taken the field, the soldiers composing it should be divided into regular messes, consisting of not more than five or six men each. The usual way of dividing them into messes of *ten, twelve*, or even sixteen men each, is liable to many objections. It is seldom, indeed, that a sufficient degree of harmony prevails among so many men to render their mess comfortable ; to which may be added, that a large mess is always productive of less comfort, and more dirt, than a small one : when these circumstances are maturely considered, the balance will be found to lean considerably to the side of small messes.

In all cases, where butchers meat constitutes a bulky or essential part of the food of the privates, whether in camp or elsewhere, they should be obliged to boil, and
make

make soup, or barley broth of it: and for that purpose, barley should make a part of the stores in every camp; an article, which at the same time that it is cheap and easily obtained, forms a rich and valuable nourishment.

Our reason for proposing to boil, and make soup of butchers meat is, that, when dressed in this manner, it is not only more easily digested than that which is roasted, but the soup or broth, made from the boiling, forms a valuable and nourishing article of food; which under proper management, makes the allowance go much farther than it would otherwise do.

When fresh fish constitutes the principal part of the food of soldiers, especially the different kinds of white fish, it should always be made into fish and sauce; as, when dressed in that way, it is not only a very agreeable food, but the *sauce* or soup, made by the boiling, adds greatly to its value.

Where either salt fish or salmon is used, however, it should be boiled in sea water,

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which not only saves the expence of salt; but also renders the food more agreeable; even very old salt beef is improved, and rendered more palatable, by first steeping, and afterwards boiling it in salt water.

We have been more particular upon the article of boiling, and making soup in camps, not only from a conviction of its forming a better food, than does the ordinary way in which fish and butchers meat are dressed amongst soldiers; but also from a certainty that something considerable is gained by the practice.

It is surprising to see the aversion which the generality of soldiers have to the boiling of meat, or the conversion of it into broth or soup; when left to themselves, they always prefer roasting both their fish and butchers meat, a practice which ought to be discouraged; as roasted meat not only forms a heavier meal than that which is boiled, but is at the same time more expensive and unprofitable.

When soup or broth is properly made, the men are able to dine almost entirely upon

upon that dish, with the addition of bread, and perhaps, a small part of the meat. In that way a considerable part of the butchers meat will remain to be eaten cold at the next meal; whereas, had the same quantity of meat been roasted, the whole would have been eaten up at once, the men at the same time being worse served, and nothing remaining for a future meal.

VII. *On the Use of Vegetables amongst Soldiers.*

WHERE vegetables can be had in plenty, the men ought to be encouraged to purchase and use them as much as possible, as they are not only wholesome and nutritious when used by themselves, but when joined with butchers meat, render it more agreeable and make it go farther.

There are very few situations, indeed, where green vegetables may not be had at an easy rate, throughout the whole year; the different kinds of *greens, cabbages, turnips, carrots, &c.* may be got in abundance, and potatoes are every where plenty and cheap. This last vegetable is in high value, for whether potatoes are eaten by themselves, or in conjunction with butchers meat, they constitute a wholesome nourishment. Indeed, in whatever way they are dressed they are agreeable; but when made either into soup or pudding, with a
 little

little butter or fat and some onions, a dish may be made sufficiently palatable and nourishing for a halfpenny or three farthings, that will serve a healthy man for a meal; we have seen the trial fairly made, with this result, viz. that a peck of potatoes, value four-pence, and half a pound of fat, value three-pence, together with a penny worth of onions cut small, and the whole made into soup, formed a meal, more than sufficient for twelve persons.

Many other dishes, equally nourishing, and equal economical, could be prepared with little trouble, not only from potatoes, but also from other vegetables; and which, if introduced amongst soldiers, would be productive of the highest comfort and advantage.

VIII. *Of dried Vegetables.*

IN addition to what has been said on the use of green vegetables, we beg leave to state the advantages that may be derived from using such as are capable of being dried. *Split peas, beans, barley, rice, sago, &c.* are all known to afford both a cheap and wholesome nourishment; and what gives them a decided advantage, they can be obtained at all seasons of the year; and in many situations where green vegetables are not to be had. The experience of every person who has made the trial of using these articles in conjunction with fish or animal food, will corroborate what we are about to assert: viz. that where they are properly dressed, and a due mixture of butchers meat taken along with them, the food thus produced will not only be better relished than flesh by itself, but will be much wholesomer, and at the same time, one half cheaper.

In

In short, their value needs only to be known, to make them generally used. Regulations for that purpose have long obtained in the navy, and the experience of ages has fully evinced their utility. Could the same thing be introduced into the army, it would have a corresponding effect. The *pease pudding*, *pease soups*, *beans*, boiled barley, and *rice*, used in the navy, are considered, and very deservedly, as the best, cheapest, and most valuable articles of food which they possess; and which in long voyages, where the crews are obliged to live in a great measure upon salt provisions, preserve them in good health, and prevent the baneful effects that would otherwise ensue from the long continued use of salt meat.

In camps and garrisons, these articles will be found equally useful as in the navy; and it ought to be seriously and earnestly recommended to the commanding officer of every regiment, to see that the vegetables above recommended, are used in as great plenty as possible. This should be

done, not by precept only, but by example; the officers of every description taking the lead, and using them as much as circumstances will allow, at their own tables. This would have a powerful effect upon the men, and would do more to reconcile them to the use of vegetables, than any arguments that could be made use of. But the most effectual way of introducing the use of vegetables, &c. amongst soldiers, would be that of forming a regular system for their diet; similar to what prevails in the navy. We are very sensible, that more difficulty will attend an attempt of this kind amongst soldiers than sailors; as there are many situations, where the articles necessary to form a proper rotation and change of diet cannot be obtained. In the fixing of a regular diet for soldiers, much ought therefore, to be left to the judgment of the commanding officer; he ought carefully to enquire into the extent and variety of provisions that can be obtained in the place where the camp or quarters is or are situated; and with little trouble to himself, he will readily

dily be enabled to form a system of diet that will promote both the health and comfort of the regiment.

Whatever system is adopted for dinner, the breakfast and supper of soldiers should chiefly consist of oat-meal made into porridge; this forms not only a cheap, but a comfortable dish; and it cannot be too frequently, nor too strongly recommended, both to government and the commanding officers of regiments, to endeavour, by every possible means, to establish the use of oat-meal amongst the men, both for breakfast and supper.

IX. *On Regimental Cloathing.*

AT all times the cloathing of foldiers ought to be an important consideration with government, more especially when they are exposed to hard duty and bad weather ; either upon foreign service or in camps. In time of peace, and while they are in quarters, they have many comforts and advantages that are not to be met with in the situations we have mentioned : amongst these advantages, are those of *fires*, *shelter*, &c. which are not attainable either in camps, or upon a long harrassing march.

When a regiment is about to take the field, therefore, every attention ought to be paid to the cloathing of the men ; which should be prepared in such a manner, as not only to keep them warm, but also, to repel and exclude moisture.

The articles of dress, to which this attention is more immediately requisite, are
shoes,

shoes, spatterdashies, coats and hats: we shall first take notice of shoes; as many of the most dangerous and distressing complaints to which soldiers are liable, originate from wet feet.

X. *Shoes.*

WHEN shoes are made in the ordinary manner, even of the best materials, and with every possible attention on the part of the workman, if they are completely wetted they take in moisture, both at the seams and through the pores of the leather. This happens every day to people who walk much during wet weather, even upon hard streets. The evil must be still greater, however, amongst soldiers, while upon a march where the roads are deep, or in the camps where the bottom is covered with grass, in either of which cases, if the men remain long upon their feet during wet weather, the moisture will penetrate even the best shoes so completely as to render the feet of the wearer as wet and cold as if they had been dipt in water. The experience of every person who has walked long either upon wet grass or bad roads,

roads, will enable him to judge of the truth of this observation.

When a private foldier in camp has been long upon duty in bad weather, and has got his feet wet and chilled in this manner, his situation must be very uncomfortable indeed ; for when he is relieved from his duty and retires to his tent, he has no fire either to warm his feet or dry his shoes and stockings ; his only alternative in such a case is to take them off, and even that affords him but a temporary relief, for if they are thoroughly wet, he will put them on in no better a state next day. In this way, if the weather continue rainy, he may be subjected to the hardship of going with wet feet for many days, nay even weeks and months together ; hence fluxes, fevers, and all that distressing train of camp disorders.

Trials frequently made, and which have been successful in every instance, enable us to propose a remedy, which if properly followed, will at a small expence render the shoes of foldiers completely proof against

against moisture ; this may be done in three different ways.

I. By introducing a piece of woollen cloth that has been dipt in melted pitch, between the *outer* and *inner soles*. The quantity of pitch should however be very small ; and as near as can be judged, no more than the cloth can easily absorb and retain even when it is in a liquid state ; for if the quantity be greater, when it is warmed by the heat of the foot, it will not only work up and destroy the stockings, but will also send out a very disagreeable smell. This way of preparing shoes will in general be found sufficient for defending the soles of the feet from moisture.

II. The second way of rendering shoes water proof consists in introducing a piece of painted canvass or coarse linen cloth between the soles in the manner formerly described. This expedient has the advantage of not being liable to dirty the feet or to send out any disagreeable smell : with this additional one, that it admits of being used also as a lining for the upper leather of
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the shoes, a matter of no small importance, as by that means they are rendered water proof both above and below.

III. The last way of rendering shoes water proof, and which upon trial will be found the most effectual as well as the cleanest and neatest, consists in painting the whole of the leather of which they are made, on the wrong side, with a coat of thin oil paint. This will enter the pores of the leather, and fill them so completely, that no moisture will penetrate ; and will at the same time make the shoes last much longer.

To do this effectually, the leather both for the *soles* and *uppers*, should be painted on the wrong side and completely dried before it is cut into shapes ; and after the shoes are made, the seams and outsides of the soles should also receive a coat of paint. The advantage derived from japanning and painting every kind of leather work that is much exposed to the weather is well known ; and experience proves that when defended in that way, it not only repels moisture

moisture but lasts double the time. We have made the trial with shoes in the manner above described, and have uniformly found it not only a certain protection against dampness, but a saving in point of wear; as one pair of shoes so prepared will last nearly as long as two pair made without this preparation. The expence of painting the whole of the leather of a pair of shoes in the way we have pointed out, will in no case exceed *two-pence* sterling, a sum so trifling as hardly to deserve notice, especially when weighed against the advantages we have pointed out.

To soldiers who are engaged in hard service, and are perhaps harrassed with long marches during wet weather or through roads covered with snow, similar to what our brave countrymen had to encounter upon the Continent last winter, or to troops in camps, the value of such an article must appear extremely obvious to every person capable of observation.

It is to be observed that in order to derive the utmost benefit from the painting of
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the upper part of the shoe, the leather should be as free from grease as possible for that purpose ; the skins intended to be used in that way should be carefully painted on the wrong side before any oil is wrought into them ; after they are completely dry, the oil and blacking may then be applied ; a skin so prepared will be found to resist every kind of moisture.

This caution of painting while the leather is free from oil is very essential ; for if the oil is applied first, the paint will neither dry nor enter the pores of the leather.

XII. *Spatterdash*es.

WITH a little attention, the legs may be as completely secured against moisture as the feet. The black woollen cloth at present in use amongst the infantry for spatterdash, has not only a heavy clumsy appearance, but is at the same time ill calculated for keeping the feet or legs dry, as both rain and snow very readily penetrate through it.

Coarse linen cloth completely painted with black varnish paint, would not only have a much more handsome appearance than the woollen cloth, but would at the same time be much warmer, last longer, and defend moisture better.

XIII. *Half*

XIII. *Half Gaters.*

THESE are commonly made with coarse green linen, and covered with blacking ball, in which state they resist moisture pretty well; but if they were made of the painted cloth we have recommended for the spatterdashes, they would be infinitely better; for though the ordinary black ball will repel a slight degree of moisture, yet when either shoes, or half gaters covered with it are completely wet, it then finds its way through them very easily.

XIV. *Hats.*

NEXT to keeping the feet and legs of foldiers dry and comfortable, the moſt important conſideration is that of protecting their heads.

The ordinary hats uſed by the military ſeem very ill adapted for that purpoſe, as they are in general of the coarſeſt kind, and owing to their openneſs, they abſorb and retain the moiſture like a ſponge, by which means they not only become heavy, but the cold occaſioned by the dampneſs about the head, lays the foundation of many dangerous and diſtreſſing complaints.

The injury done in this way is in ſome caſes ſtill greater than that ariſing from wet feet ; for by the regulations of the army every foldier is obliged to have at leaſt two pairs of ſhoes ; this affords him an opportunity of changing when he is wet ; whereas it is very ſeldom that he has more
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than one hat, which when once thoroughly soaked will require several days of good weather to dry, unless it be dried by fire, a convenience which can seldom be had in camps.

In all regiments where hats are worn, in place of the coarse ones at present in use, glazed or japanned ones should be substituted; these have not only a much more handsome appearance, but will cost less money and last longer: they besides keep the shape, and look well to the last, and are at the same time completely impervious to moisture. There is perhaps no article of dress that could be introduced into the army, from which greater comfort would be derived.

One benefit attending the use of these japanned hats remains to be mentioned; that is, the safety and protection which they would afford to the heads of the men, both from musket balls and the stroke of a sabre. We by no means pretend that they are completely proof

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against these; but we are certain that in many instances they will defend both musket balls and strokes of sabres, which would otherwise have been fatal to the wearer.

XV. *Bonnets.*

WHERE Bonnets are worn by the military, every private should be obliged to furnish himself with a wax cloth cover, which, if properly made, will effectually protect the head. At present, a cover of that kind is partially worn by some of the privates in highland regiments. This cover however has an inconvenience which more than compensates the advantage of keeping the bonnet dry. From its *conical* shape the whole of the moisture that falls upon it is directed immediately upon the neck and shoulders of the wearer ; to prevent which, the wax-cloth covers above pointed out should be fitted with a neck of the same materials, resembling that of a great coat, large enough to protect the neck and top of the shoulders, which it would do very effectually, and the additional expence would be a mere trifle.

XVI. *Regimental Coats.*

THE principal thing to be attended to in this, as well as the two preceding articles of dress, is to make the men comfortable, and, as far as circumstances will allow, to defend them from rain.

In every instance where men are exposed to long or heavy rains, the parts which suffer most and are soonest wet are the arms and shoulders ; to prevent this every regimental coat should be defended in these parts by a piece of *wax* or *oil-cloth* interlined between the outside and the lining : this should be large enough to cover the *shoulders* and arms completely.

It may be objected to this, that the expence of interlining the sleeves and shoulders of regimental coats in the manner we have pointed out will be very considerable ; but we trust this objection will have little weight with those in power, especially when we state that that expence will be less

less than two shillings a coat, a sum so small when compared to the advantage arising from it, that we trust it will never be an object of doubt or hesitation.

XVII. *Waistcoats.*

THE common white woollen cloth waistcoats at present in use in the army are very warm comfortable wear; something however might be gained by substituting white or *buff plush* ones in their place. These will not only last longer, but be easier kept clean, and will look equally well as cloth.

XVIII. *Under*

XVIII. *Under-Waistcoats.*

EVERY private soldier ought to have a flannel under-waistcoat for wearing during the winter months; for however strong and healthy any man may be, the difference between the heat of our climate in summer and winter is so considerable as to render an additional covering absolutely necessary during the latter season. Were this circumstance carefully attended to in the army, it would prevent many of those distressing complaints to which soldiers are so liable during winter, even in quarters; in camps however the necessity of under-waistcoats must be much greater, as the men are infinitely more exposed to every injury arising from cold and want of shelter.

XIX. *Breeches.*

XIX. *Breeches.*

THE custom so prevalent in the army of men wearing leather breeches is by no means a good one, especially in camps. Even in dry weather they are a cold uncomfortable article of dress; but during wet weather they are perfectly intolerable. Besides, the expence of purchasing a pair of good leather breeches is so very great, that the privates are often very much distressed to pay for them. We are quite certain that if a buff-coloured cotton velvet, which may be had for three shillings per yard, were substituted for leather, it would be found both a durable and a much more comfortable wear.

In order to render it completely safe, the foresides of the thighs of every pair of breeches should be lined with oil or wax-cloth; this would very effectually secure these parts from wet; and it is principally the fore side of the thighs that is wetted, especially when men are upon horseback.

XX. *Drawers.*

XX. *Drawers.*

A Part of the necessaries of every soldier should consist in two pairs of flannel drawers; these are infinitely preferable to lining the breeches with flannel, as they admit of being washed and kept clean, without washing the breeches, an advantage which could not possibly be obtained by any other means. Two pairs of good warm flannel drawers may be had for four shillings at most, which with careful washing and mending will serve at least eighteen months or two years, and will wear out several pairs of breeches.

XXI. *Shirts.*

XXI. *Shirts.*

IN place of the ordinary mode of contracting for military shirts made of *coarse, open, plain cloth*, the *tweeled linen*, so common in *Ireland* should be made use of. This article forms not only a pleasant but a durable wear; so much so indeed, that one shirt made of it will last longer than two of the common plain cloth ones, which, besides their being thin and coarse, are in general made so small, that the poor men are only half covered with them, and can hardly put them off and on.

Government should, as far as circumstances will allow, supply the privates with this article at *prime cost*, and the commanding officers of regiments should be instructed to take care that all shirts are made of a proper size.

XXII. *Night*

XXII. *Night Shirts.*

IN this place we think it necessary to take notice of the practice so common amongst foldiers, both in camps and in quarters, of sleeping without shirts. A thing not only highly uncomfortable, but even dangerous to the stoutest and healthiest men.

To such as are feeble and delicate however it is more immediately and certainly hurtful, as we have observed from many years experience.

The reasons given by foldiers for sleeping without shirts are, that it both keeps their linen clean, and prevents it from wearing, by which means their shirts last longer, and are less expensive in washing. These purposes are no doubt answered in a certain degree by foldiers sleeping without shirts; but the risk of catching cold, together with a multitude of other distressing uncomfortable circumstances, which attend the practice

tice, more than compensate any advantage arising from their lasting longer, or keeping longer clean.

Both these ends can be answered at a much easier rate, and in a way that will at once promote the *comfort*, and *preserve* the *health* of the *men*. This consists in obliging every foldier to furnish himself with two night-shirts, made of *check*, or *coarse* striped cloth. These can be furnished for four shillings each, and two of them, if well taken care of, will be found to last three years.

XXIII. *General Regulations for keeping the
Whole of the Cloathing of Soldiers sweet
and well aired.*

IT is customary for the whole of a soldier's necessaries, together with his best suit of clothes, to be huddled together into a bag, where they remain during the whole week, except on the Sunday, when they are wanted for *Church*.

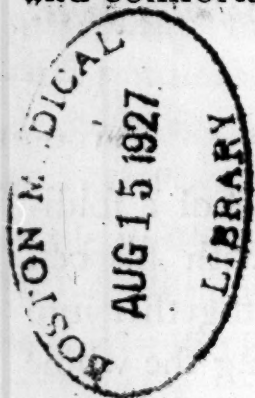
In that way they acquire a musty disagreeable smell, and by being pent up so long without exposure to the air, so much human effluvia is accumulated in the end as to render them unwholesome as well as disagreeable.

In place of that uncomfortable dirty management, while soldiers are in camps, the whole of their necessaries, together with their best clothes, should be spread out upon the grass or bushes for several hours at a time, at least twice a week. This should

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always

always be done during dry weather ; the trouble of doing it will be small, and the clothes and necessaries will be kept sweet and comfortable.



XXIV. *Military Hospitals.*

NEXT to the means of promoting cleanliness and preserving health amongst foldiers, the most important point is that of restoring it after it is lost; for that purpose the strictest attention ought to be paid to the following particulars :

I. The nature of the ground where an hospital is situated.

II. The description of patients that are admitted.

III. The means of promoting cleanliness in the hospital.

IV. The prevention of idleness, skulking and gambling in the hospital.

V. Regulations to prevent the spreading of infectious distempers in camps.

VI. Instructions to nurses and attendants, &c. &c.

XXV. *Ground proper for an Hospital.*

WHEN there is a choice of ground, the hospital tent should always be placed upon that which is driest and most elevated : such a situation being infinitely better calculated for the purposes of an hospital than any other. This circumstance is, however, in many instances too little attended to ; as a strict regard to uniformity frequently occasions the hospital-tent to be pitched upon ground very ill calculated for that purpose. We are friendly to every circumstance which tends to promote order and regularity ; and think no pains ought to be spared to promote these upon all occasions ; but if there be an instance which can possibly warrant their being departed from, it is in the case of an hospital-tent : for however pleasing the appearance of uniformity may be in looking at a camp, it will be dearly purchased if obtained at the expence of the health and comfort of the sick.

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The regulations formerly hinted at for defending the ordinary tents from moisture will be found equally valuable when applied to the hospital-tent. A ditch ought to be dug round it to receive the moisture, with an opening at the most descending place to carry it off: the earth taken out of this ditch should be laid in the bottom of the tent, and carefully levelled. If dry sand or gravel can be had in sufficient quantity, about five or six inches of it should be laid above the earth taken out of the ditch: but if these cannot be had, it ought then to be covered with turf in the manner already described.

XXVI. *Regulations for keeping the Hospital clean and well aired.*

I. **S**UCH of the patients as are able, should every morning assist in carrying to the rear-guard, any dirt, offal of food, &c.

II. Such patients ought by turns to assist in managing those who are unable to help themselves, to make their beds, dress their victuals, and sweep the hospital: this they should do by turns.

III. The hospital-tent should be thrown open on two sides every good day, to allow a free circulation of air through it, and should continue so for several hours.

IV. While the tent continues open, the whole of the beds should be made, (except those from which the sick cannot be moved) and the straw well turned and exposed to the air.

V. No linen ought to be washed nor hung up to dry in the hospital. This last regulation

regulation is highly necessary, as much distress is occasioned by drying wet clothes, even where healthy people are. The injury is still greater when it is done in hospitals amongst the sick; a practice by no means uncommon.

XXVII. *Regulations for promoting personal Cleanliness amongst Hospital Patients.*

THE regulations formerly pointed out for promoting personal cleanliness amongst the healthy men, apply with equal, indeed greater propriety to hospital patients. Their cloathing should be kept dry and well aired. They should have frequent changes of linen, stockings, drawers, &c. Their heads should be regularly combed, and their face, hands, &c. washed every day; the latter after every meal. In short, every thing that can tend to promote personal cleanliness should be strictly attended to, and rigidly enforced by the Surgeons, &c.

XXVIII. *Caution*

XXVIII. *Caution with Regard to the
Description of Patients admitted into the
Hospital.*

MUCH care and circumspection will be necessary on the part of the medical attendants, as to the patients that ought or ought not to be admitted into the hospital ; for, in many instances, laziness is the greatest part of the disease ; and in others, the malady may be such as to endanger not only the other patients, but even the safety or comfort of the whole camp.

When troops are exposed to hard duty during bad weather, the lazy part of them see no other way of avoiding it but by pretending sickness, and being sent to the hospital, by which the duty of the good soldier is rendered heavier, the hospital crowded with people who have no right to be there, and the medical attendants subjected to much unnecessary trouble and fatigue.

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The same thing very frequently happens in new regiments, where the camp discipline is hard and the weather uncomfortable; many of the young recruits who are in perfect health, pretend sickness, and wish to be admitted into the hospital, from a double motive; 1st, that they may avoid their duty; and 2d, that they may be saved the trouble of keeping themselves clean.

Accordingly a great many young men are met with about every military hospital, who have no ailment but laziness and aversion to their duty, and who resemble hospital patients in nothing but their dirty squalid appearance; and it is by no means uncommon for ten or a dozen of these men after finishing a hearty meal, to set down to cards, or even to drinking, in company with the nurses and hospital attendants. We have observed numberless instances of this kind, where the regimental surgeon has been completely duped by listening to feigned complaints, and many of the stoutest

est men in the regiment excused from duty, and laid up in the hospital, where their appearance exhibited nothing but *dirt, idleness, and dissipation.*

The complaints generally feigned by such men are *rheumatisms, head-achs* and the like. These, while they afford a plausible pretext for excusing them from duty, at the same time exhibit no symptoms by which they can be detected. All military surgeons ought therefore to be particularly upon their guard against complaints of this description, and should give orders that the persons so complaining should be strictly watched.

And as it ought to be a fixed principle with every medical man to render the hospital, as far as circumstances will allow, a place of comfort and relief to those who are really distressed; so on the other hand it should be converted into a place of punishment and confinement for such as only pretend sickness. We confess that there are doubtful cases, where a surgeon is unable to ascertain whether the complaint be feigned

or

or real ; in such cases however the person complaining should be treated as if he were really ill, should be confined to a low diet, consisting chiefly of broth and bread, and entirely debarred the use of butcher's meat, *fish*, spirits, or fermented liquors, and all those gratifications that are so agreeable to idle people. Above all, the visits of the healthy part of the regiment to those in the hospital ought to be forbidden, for two reasons ; 1st, as they afford an inducement for others to pretend illness, in order to avoid duty, and enjoy the comforts which the sick only ought to have ; 2d, that by frequent visits of this kind to the hospital, the visitors are not only liable to catch infectious diseases themselves, but also to communicate them to the whole camp.

XXIX. *Infectious Diseases, and the means of preventing them from spreading in camps.*

CERTAIN infections make their appearance in all camps, some of which are highly dangerous, and do immediately affect the safety of the people; others again, though not attended with immediate danger, yet in many instances very materially affect the comfort of the troops, and are productive of much distress and inconvenience.

In the first class are to be ranked *putrid diseases, fevers, fluxes, small pox, measles, &c.*

The second class comprehends the *itch, the venereal disease, and vermin.*

When diseases of the first class prevail in camps, the utmost pains ought to be taken to prevent their spreading; and for that purpose the sick should be removed as far from the encampment as possible, and the communication between them and the healthy men completely cut off.

FLUXES.

FLUXES, &c.

If fluxes prevail, the patients, in place of being admitted into the hospital, as is commonly the case, should, if there is a town in the vicinity of the camp, be removed to quarters; for, independently of this disease being highly infectious, and by that means dangerous to patients that are confined for other complaints, a camp is a very improper and inconvenient place for curing it, especially towards the end of *Autumn*, when the nights are long, and the weather often *wet and hazy*; warmth, good shelter, and a dry situation, are essential requisites in such cases, and these are not to be met with except in quarters.

Those who have the *small-pox*, *measles*, &c. &c. are also improper patients for an hospital, as no precautions will be found sufficient to prevent these diseases from being communicated to the other patients, and from spreading in the camp. In every instance,

stance, therefore, where it can be done, patients of this description should be removed to quarters as soon as the distemper appears, and not suffered to come near the camp till all risk of infection is over.

There are cases, however, where from the distance of great towns from the camp, no lodging can be obtained for the sick; under such circumstances, they must be accommodated in the vicinity of the camp; but even then, patients of the above description should be kept separate from the other sick, and a tent set apart solely for their use.

Patients who have fevers, may with more propriety be kept in hospitals; the coolness of a tent, and the ease with which pure fresh air can be admitted on all sides, render such a situation more favourable for this complaint than a house, especially the ordinary lodging houses where soldiers are quartered, most of which are *ill-aired*, dirty, and unwholesome.

In this place we trust it will not be thought improper to hint at the hardship
experienced

experienced by army surgeons for want of a sufficient command of *wine and cordials*. These, in *fevers* and all complaints where there is any considerable degree of weakness, are more necessary than medicine. An army surgeon, if he is a man of humanity, must therefore feel infinite distress to see the men languishing under such complaints, without having it in his power to administer the only remedy that can be useful. The sum allowed for an hospital (thirty pounds) is so small, as to be inadequate to the purpose of hiring nurses and paying the rent of a house for accommodating the sick. So that if a surgeon gives wine, he must do so out of his pay. We are quite satisfied that the circumstance needs only to be pointed out, in order to be remedied; we would therefore propose, with all possible diffidence, that a power should be given to army surgeons to order wine for the privates, in cases of fevers and other low complaints that require the use of it, at the expence of government; and in order to prevent this indulgence from being abused,

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no more than half a dozen or a dozen bottles should be procured at a time ; these the surgeon should take into his own custody, and give them out as occasion requires, and when they are expended, account to the paymaster for the manner in which they have been used.

Unless in very unfortunate situations, where the troops are uncommonly sickly, and where the worst kind of infectious diseases prevail, the expence of wine will be very inconsiderable ; perhaps from twenty to thirty pounds would be found sufficient, a sum so small when compared with the benefit that may be derived from it under proper management, that we trust there will be no hesitation on the part of government as to granting it.

VENEREAL DISEASE, &c.

WITH regard to the second class of infectious diseases, viz. the *itch*, &c. &c. a strict scrutiny should be made by the non-commissioned officers in presence of the adjutant

tant and surgeon's mate every Monday morning ; and every man who is affected with the itch, the venereal disease, or vermin, separated from the rest, and kept by himself till he is made clean.

For that purpose, there ought always to be three or four spare tents belonging to every regiment, for the sole end of confining such men as are unfit to mix with the rest. In these tents they ought to be kept under a guard till they are thoroughly clean, as their being allowed to go abroad and mingle with the rest serves only to propagate the evil ; for a single person who is troubled either with vermin or the itch will in a very few days contaminate the whole of the men belonging to his tent, by which means the mischief soon becomes too great for any ordinary remedy to remove, whereas by separating them from the rest in the beginning, and keeping them confined till they are well, the disease is prevented from spreading.

Some attention however will be necessary as to the manner of confining them, as
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the purpose would by no means be successfully answered by putting persons who have the itch, and those who have the venereal disease or vermin into one tent. By such management their disorders would be rendered more complicated, and they would become doubly contaminated by such an intercourse. One tent should be set aside for those who have the itch, and another for such as are troubled with vermin: the venereal patients ought to be sent to the common hospital.

Hitherto it has been customary to permit venereal patients to go about and do duty, except those whose complaints are much aggravated, and who are in the very last stage of the disorder.

This practice is liable to many objections, as when men labouring under disease are allowed to go at large, they are at liberty to indulge in many gratifications, which not only retard the cure, but render the disease more virulent and complicated.

To the individuals who are thus tainted, this kind of liberty produces, in numerous

instances, the most distressing effects ; but when considered in another point of view it will be found infinitely worse. Such men, though diseased, continue their intercourse with the wretched females who frequent the camp, or their quarters, and who by such connection become polluted beyond description ; so much so indeed, as to communicate the very worst species of the infection to every soldier who is so unfortunate as to have any connection with them, by which means the number of venereal patients is ten times greater than it would otherwise be in every regiment.

Whereas by confining venereal patients the instant the disease manifests itself, this abominable intercourse would be prevented, and from the complaint being taken in its simple state, the surgeon would be enabled to cure it in a fourth part of the usual time, with this additional advantage, that the health of the patient would suffer nothing from its ravages.

There is one circumstance connected with the management of venereal complaints
highly

highly deserving of notice, and to which we beg leave to call the attention of those in power.

By the present regulations every military surgeon is intitled to *half a guinea*, or *five shillings*, according to the degree of the complaint, from every private soldier who is so unfortunate as to get himself infected. This regulation certainly originated on the part of government, in a wish to render the men sober and regular, and to deter them from putting themselves in the way of infection.

The experience of many years, however, under this system, has fully demonstrated that the remedy is inadequate to the evil; and that in place of doing good, it is in many instances productive of infinite distress.

Indeed the slightest acquaintance with human nature will convince every one, that in all cases where that passion is concerned, prudential considerations are disregarded. In the pursuit of gratification, the consequences are intirely overlooked, and nei-

ther the injury done to their health, nor the penalty that is annexed if they catch the infection, has ever been found strong enough to deter either soldiers or men of other descriptions from the indulgence.

But though their prudence is thus lulled, it quickly returns after the mischief is done. Half a guinea, or even five shillings appears, and no doubt is, a great sum to a man whose income is seldom above three, and cannot exceed four shillings a week; and as he is morally certain that he must pay this sum if the regimental surgeon is acquainted with his case, he naturally attempts to get himself cured at an easier rate. For that purpose he applies to *farriers*, and ignorant people, for advice and assistance. The consequence is, that even in the best cases the disease is patched up, and imperfectly cured: and the remains of it by lurking in the system undermine the constitution, and ultimately lay the foundation of the most complicated distress. This we have said happens in the best of cases under such treatment. But in by far the

the greatest number, the complaint, in place of being palliated, gains ground, and has very often reached the last stage of virulence before the regimental surgeon is made acquainted with it.

In this way the patient is not only rendered unfit for duty for many weeks, nay, sometimes months together ; but the distemper, and the effect of the medicines necessary for its cure, make such havocks upon his health, that it is either broken or greatly impaired for life. This is no exaggerated account, and we are certain that the experience of the *physicians* and *surgeons*, both about the London hospitals and elsewhere, will fully confirm it ; as many of these unfortunate victims are daily brought into the hospital, whose only ailment in the beginning was a slight venereal complaint, which by concealment or improper treatment had introduced all that train of complicated wretchedness which followed.

What adds to the regret which every humane person must feel upon the occasion is, that venereal complaints of every de-

scription, if attended to in the beginning and properly treated, may be effectually cured in a very few days.

We presume, therefore, to recommend, that this perquisite of Army Surgeons should be abolished, and in lieu of it a small sum allowed by government for each troop or company. By such a measure the motive for concealment would be taken away, and the men would readily make their situations known at the beginning, when the complaint is in its simplest state ; by which means the surgeon would be enabled with small trouble to cure them in a few days, and would at the same time be relieved from the distressing necessity of taking money from the poor men that ought to be applied to other purposes, and the stoppage of which subjects them to very great hardships.

We have frequently known some of these poor fellows so unfortunate as to catch the worst species of the distemper three or four times in the course of a year : and the stoppage in consequence for surgeon's allowance

ance being from a guinea and a half to two guineas, the want and distress which this must necessarily have occasioned to a private foldier may be easily conceived, and will be readily understood by every person who has been in the army.

We speak from feeling when we say, that nothing can be more distressing to many army surgeons, than the receipt of this money, even to those whose necessity compels them to draw it.

A reform upon this subject has already taken place in the royal navy, * much to the relief and advantage both of the failors and navy surgeons ; and from the strict attention at present paid to every thing relating to the army, we entertain a sanguine hope that the same regulation will soon be extended to it also.

* The allowance to the navy surgeon is five pounds per annum for every hundred men on board the ship in which he serves.

XXX. *Hospital Bedding.*

THE cleanliest as well as the cheapest bedding for a camp-hospital is good fresh straw ; an article infinitely preferable to the mattrasses made of flocks or hair. These no doubt last longer, but they are much more expensive at first, and from being frequently lain upon by patients of every description, they contract a disagreeable smell, and in the end become dangerous by absorbing the perspiration and effluvia of persons who have been labouring under infectious diseases ; whereas where either straw or hay is made use of it can be frequently renewed, and the beds by that means kept clean, and free of infection.

It is a very common practice for the hospital beds to be made up early in the day, and covered with the blankets, and for the idle disorderly patients to sit and tumble upon them till the evening ; a custom which cannot be too severely reprobated,

bated, as it not only wears the blankets but renders them dirty, gives them a disagreeable smell, and makes them a very uncomfortable covering through the night. The regulations formerly mentioned, when speaking of the blankets of the ordinary tents apply with equal propriety to those of the hospital beds: every good day they should be spread out upon the bushes for several hours, and when they are brought in kept carefully folded till bed-time, and the patients prevented from abusing them by sitting or lying upon them.

XXXI. *Laws for preserving order in Hospitals. Instructions for Nurses, &c.*

I. **N**O card-playing, nor gaming of any *kind* to be allowed in the hospital.

II. No spirits nor strong malt liquor of any kind to be brought into the hospital.

III. No article of food to be used but such as may be directed by the surgeons.

IV. No women to be admitted into the hospital, except nurses, &c.

V. None of the healthy men belonging to the troops to be allowed to enter the hospital on any pretence whatever,

VI. No hospital patient to be allowed to go abroad without leave from the surgeon or his mate.

VII. No victuals to be dressed in the hospital.

VIII. No clothes to be washed in the hospital.

IX. No

IX. No wet linen to be dried in the hospital.

X. No hospital nurse to be allowed to act as a washer-woman.

XI. Every nurse or attendant who disregards these regulations, or who is guilty of drunkenness, or encouraging the patients to drink, to be punished and discharged.

XXXII. *Nuisances in Camps.*

EVERY kind of excremental matter, offal of food, or the carcases of dead animals, such as dogs, horses, &c. should be carefully removed from camps to such a distance as will prevent them from being hurtful: for that purpose a general depot should be appointed for receiving these in the neighbourhood of every camp, and a privilege given to one or more of the neighbouring farmers to carry its contents away for manure, without paying any thing for it, upon the sole condition of their doing so once a day at least.

Next to the baneful effects of marsh effluvia, the operation of which is now so well known, there is nothing more pernicious to health than the vapour or exhalation arising from filth or animal substances

stances in a state of putrefaction. These, if allowed to accumulate in the neighbourhood of camps where there are many men, soon become highly dangerous, and send out effluvia loaded with the seeds of *putrid diseases*.

It might naturally be supposed that few regulations would be necessary upon a subject like the present, and that men, even when left to themselves, would always, from a regard to their own health, and on account of the pleasure arising from cleanliness, take the most effectual measures to secure these comforts.

Were we merely to reason upon the subject, we should draw this conclusion; but experience completely contradicts it, as we daily meet with men whose dirtiness and sloth are such, that neither the immediate comfort arising from cleanliness, nor the ultimate effects resulting from a want of it upon their own health, are strong enough to make them pay a due regard to it. Indeed nothing short of punishment

nishment is adequate to that end, or can create the smallest exertion. We are well satisfied, that the experience of every commanding officer in the service will confirm what we have stated, and that he will concur with us in the utility of regulations similar to those we have pointed out.

ADDENDA.

ADDENDA.

THE following Articles are connected with the health of soldiers, only in proportion as they lead to habits of *temperance, regularity, and industry*, and by that means detach them from idleness, and those vices, which, by inducing debility, have a tendency to bring on diseases : under this head may be ranked,

- I. Regimental Schools.
- II. Athletic Exercises.
- III. Encouragement of Industry.
- IV. Prohibition of Gaming.
- V. Ditto of Suttling Houses, Spirit Shops, &c. &c. &c.

I. *Regimental Schools.*

EVERY regiment ought to have an established school, where the boys and young soldiers may be taught reading, writing, arithmetic, and the principles of morality, and where such as are grown up may have it in their power to acquire a knowledge of figures, or other useful branches of education suited to their situation in life.

In order to render an establishment of this sort the more valuable, an examination ought to take place every three months, in presence of the officers ; and such as have made the greatest proficiency in learning, or have rendered themselves remarkable by the rectitude of their morals, or an assiduous attention to their duty, rewarded with honorary premiums, and promoted according to their seniority, to the rank of sergeants,

jeants, corporals, &c. &c. A regulation of this kind, would be productive of the most salutary effects, not only by detaching the privates from the habits of idleness and dissipation so common amongst them, but by kindling a spirit of emulation, and giving them an employment which would occupy the greatest part of their time, and, ultimately render them regular in their deportment, and qualify them for better situations.

It is scarcely credible what exertions men will make, when actuated by such motives. The acquirements which they will have it in their power to make will elevate them in their own eyes, the approbation of their officers, the notice that is taken of such as excel in any branch, and the prospect of future promotion, will stimulate the most torpid to exertions. We leave it to those who are intimately acquainted with military affairs, to estimate the advantages of such an establishment. An establishment which can be made at the trifling expence of a salary to a schoolmaster, would detach the

privates from habits of idleness and vice, give them ideas of discipline and subordination much superior to what they at present have, and would be the means of qualifying a number of young men, for those subordinate stations, which cannot be properly filled without a certain degree of education.

It will naturally be asked, what connection there is between the establishment of schools, and the health of troops? In appearance we confess there is very little; but when we say that, the manner in which privates will spend their time when schools are established, and the principles of morality which they will imbibe, will not only detach them from habits of drinking and vice for the time, but will also prevent them from acquiring those habits afterwards, by which means both their health and morals will be secured, such a connection must appear obvious.

II. *Exercise.*

REGULATIONS with regard to exercise, are to appearance much more immediately connected with health than the preceding article ; and ought to be encouraged and enforced by every possible means ; running, and the whole train of athletic exercises, should be recommended to the men, and such as excel in them, rewarded with some mark of distinction : by practising these they would gradually become hardy and agile, and acquire habits of exertion, which would afterwards render them much more fit for any enterprize where strength or activity are required.

To preside at these amusements would be to the officers a high gratification, and would pleasantly and usefully fill up a portion

of leisure time, of which both in camps and in quarters, every officer has enough, and in many instances, more than he knows what to do with.

III. *Encouragement of Industry.*

IN all regiments there are a number of the privates, who have been bred up to mechanical employments, and who from having been accustomed to constant labour early in life, are apt to become dissipated when they are idle. To this class *Shoemakers, Taylors, and Weavers*, principally belong. People of this description may always be employed by the regiment, in such a way, as not only to benefit themselves, but to produce a saving to the country. By proper attention, the whole of the regimental clothing and shoes, may be made by the Taylors and Shoemakers of the regiment; and in many instances, during peace, when the men are in quarters, a great deal of the coarse woollen cloths, of which their coats and waistcoats are made, might be wove by the men. This last expedient,

dient, however, is not always practicable, as there are many situations where looms cannot be had for the purpose; but the Taylor's and Shoemaker's work admits of being done in almost every situation.

A regulation of this kind would not only produce a saving in point of expence, but the articles would also be better than such as are obtained by contract: to which if we add, the habits of industry and regularity which the men will by this means acquire, the benefit resulting therefrom, will be great indeed; but we do not wish to confine ourselves merely to these branches of Industry, as there are many others in which private foldiers may be employed, (at their leisure hours, or when they are not upon duty) with equal advantage to themselves and the community. The greatest preservation against *vice* and *dissipation*, in every line of life being employment. The more completely any man's time is occupied, the less will remain for acquiring habits of idleness or expence. Every private foldier ought therefore to be encouraged to work
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as much as possible, when not upon duty ; and every liberty and indulgence granted for that purpose, compatible with the good of the service.

This regulation, like that of regimental schools, is connected with the health of foldiers only in proportion as it promotes industry, detaches them from habits of idleness and expence, renders them sober and diligent, and affords them the means of living comfortably.

IV. *Suttling Houses, Spirit Shops, &c.*

THERE is perhaps no circumstance that is productive of more mischief and inconvenience, than the immense number of *tents and huts*, erected by Suttlers, in the environs of every camp. In these places, every kind of *imposition* is *practised*, and the worst of *trash* sold; it being a maxim with such people, to purchase the very worst of liquors and provisions. It is no uncommon occurrence, to meet with persons of this description, buying up barrels of stale *herrings, beef, pork, &c.* of so bad a quality, that they cannot be sold in the shops, and vending them to the poor soldiers at the highest price. The case is the same with regard to the spirits and malt liquors, which consist of the most abominable sophisticated trash.---These places of resort, by their vicinity to the camp, not only hold
out

out a strong temptation to the men to spend their money, and even sometimes to sell their necessaries, but also subject them to all the evils that attend eating unwholesome provisions, or drinking bad liquors.

The only effectual remedy for this evil seems to be, that of abridging the number of these suttlng houses, and permitting none to be erected but by persons of good character, and who can give proper security, not only for their keeping regular houses, but also that the stock of liquors and provisions which they bring to the camp shall be of the best kind, and shall not be sold at a higher rate than the ordinary market price. And in order effectually to prevent the people from being imposed upon by the sutlers, the stock of provisions and liquors in the possession of each, should be carefully examined by the Surgeons and one of the Captains of each regiment, who should report to the commanding officer as to their quality ; and no part of them should be disposed of, till such report shall have
been

been given in, and approved of, and a written leave granted for that purpose.

The sale of spirits ought to be entirely forbidden in these houses, and in place of that pernicious article, so destructive both to the *health* and *morals* of the people, no other liquors should be sold but good *beer*, *ale*, or *porter*.

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